Healthy Living forever

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Do you know how to be healthy? I wasn’t really excited to do a report, but when I research about ways to be healthy I started to be alittle more fascinated. On TV and on the radio they advertised about being healthy and how it will help your amoun system. I started to be fascinated about being healthy when people would talk about it. I always loved to be healthy. Being healthy is an important factor on living a long happy. There’s a lot of ways to be healthy, two ways are being healthy are avoiding Marijuana and eating from the food pyramid.

One way to be healthy is to avoid Marijuana. Marijuana has many effects on the brain. When a person smokes marijuana it passes threw the lungs into the blood stream, whick carries the chemicals to the brain and other organs threw out the body. Marijuana negatively effects learning, memory and problem solving. The feeling you get can last for many days or weeks, which leads to addiction. Memory lost can lead you to many problems. One problem is that you forget where you are and you get lost. Another thing you forget how to breathe.

There are many ways to be healthy is to eat from the food pyramid. There are six sections that you can choose from. The biggest section is the bread. You should have 6 to 11 serving a day. The next biggest section is the veggies. You should have 3 to 5 servings a day. There’s also a dairy section. You should have 2 to 3 servings a day. In the fruit section, you should have 2 to 4 servings a day. You should eat 2 to 3 servings of meat a day. You should look up the food pyramid on the internet.

After all my hard work researching about avoiding Marijuana and eating healthy I sure learned a lot. For more information about avoiding Marijuana ask a person in prison. For information on eating healthy go to a library. ☺ ☺ ☺